

Falls – A Leading Cause of Injury

It's easy to take the subject of falls lightly - unless you or someone you know has had a serious fall. Then you realize how deadly this commonplace accident can be. Millions of people are injured or killed by falls every year. Most of these falls occur on the same level. That means they do not involve a fall from a height above ground level. Instead, most falls occur from slipping on a slick surface, or tripping over an object.

Basic Fall Prevention:

- Keep clutter picked up. Common causes of falls are materials on the floor.
- Remove or cover cords and cables on walking routes.
- Close drawers and doors (including the dishwasher) as soon as you use them.
- Wipe up spills promptly. Wipe your feet when you come in from rain/snow. Keep surfaces free of water or anything slippery. Watch especially for slippery surfaces on sidewalks, stairways, in entryways, bathrooms and kitchens.
- Lighting during the day and night lights at night will help to keep your family members from tripping over objects they can't see. Replace burned out light fixtures.
- If you must walk on a low-friction, slippery surface, such as ice or snow, take small steps.
- Use the handrail on stairways. Never run up or down stairs. Do not store any objects on the stairs and keep toys such as balls off stairs as well.
- Fix loose carpet, tile or stair treads.
- Never use makeshift climbing devices. Get a step stool or ladder, and use it properly, if you must reach a higher surface. Don't stand on chairs!
- If you do start to fall, there are things you can do to lessen the impact and prevent injury.



You should relax your muscles. Do what you can to protect your head and spine from injury. Try to land on a soft, fleshy part of your body.

- Roll in the direction of the fall so that you do not stop all at once.

***Falls are a common occurrence.
They can cause serious injuries or death!
Take fall prevention seriously.***